Our Brother Wendell Ishmon, Gone Too Soon

We are tossed and driven on the restless sea of time; Somber skies and howling tempests
Off succeed a bright sunshine;
In that land of perfect day, When the mists are rolled away, We will understand it better by and by. By and by, when the morning comes, When all the saints of God are gathered home, We will tell the story how we've overcome, And we'll understand it better by and by.

~Pastor Brandon Blake quoting from the folksong By And By at Wendell's funeral

Wendell was a great cop and an even better man. He courageously served this City as a police officer, most notably as one of the daring few to work undercover in a town plagued by the deadly scourge of illicit drug trafficking. He was our first union member to take a grievance all the way to arbitration. He never wavered in standing up for his rights and the rights of his fellow police officers. Most of all, he was a proud, loving father who never missed an opportunity to brag on his son who he so greatly adored.

We will miss you and remember you, brother.

~Jeff Roorda,
St. Louis Police Officers Association
Business Manager

Dad, words can't express enough how I'm feeling right now, and it's so hard to say goodbye. I do want to let you know that I love you, miss you, and you will forever be in my heart and a part of me.

~Wendell Ishmon III reflecting on the loss of his father

Out of every one hundred men, ten shouldn't even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the one, one is a warrior, and he will bring the others back.

~Captain Michael Deeba quoting Heraclitus at Wendell's funeral service

Wendell Leon Ishmon, Jr.
Promo March 27, 1969
Promo April 3, 2019
Thursday, April 11, 2019
11:00 a.m.
NEW SUNNY MOUNT MISSIONARY BAPTIST CHURCH
2400 West Florida Avenue
St. Louis, Missouri 63115
Rev. Brandon A. Blake, Officiating

Support Our Police for a Stronger, Safer St. Louis!
“In memory of the Saint Louis Police Officers who have made the Ultimate Sacrifice”
DURING THE MONTH OF APRIL

John Sturdy 1863
Terrence Donnelly 1902
William Dillon 1916

John McKenna 1916
Terence McFarland 1920
Bernard Mengel 1922

Michael O’Conner 1922
Harry Wise 1925
Joseph Meier 1929

George Schrammeyer 1932
Neal Courtney 1946
Thomas Mulrooney 1956

John Summers 1973
Claude Smith 1974
Daryl Hall 2011

BE CAREFUL OUT THERE!

GENERAL MEMBERSHIP
April 24
May 29
7 p.m.

E-BOARD MEETING
April 24
May 29
4:30 p.m.

VETERAN’S MEETING
April 10
May 8
11:30 p.m.

POLICE WIVES MEETING
April 10
May 8
7 p.m.

“...the objectives of the Saint Louis Police Officers Association shall be to advance the moral, social and material standing of the members of the Association by honorable and lawful means. As a labor organization the Association shall endeavor to achieve Collective Bargaining with Binding Arbitration.” (Preamble of the Association’s Constitution and By-Laws)
That Pinko Green Is Seeing Red Because She Thinks The Blue Are White Supremacists For Supporting Black Candidates

Quite a colorful headline, eh? You might think that I had to use a bit of editorial license to make the color metaphor work so well, but it really quite accurately reflects the odd reality of our recent Aldermanic elections.

Megan Green, the sour-faced cop-hater who has spent her entire tenure on the Board of Aldermen making it easier to be a criminal and harder to be a police officer, decided to run for President of the Board of Aldermen as a Democrat. She is not a Democrat. She is a self-professed socialist whose political ideology could best be described as a radical brand of communism on steroids. She's almost as anti-American as she is anti-police.

In other words, she's a “pinko,” as Archie Bunker might have dubbed her. The SLPOA felt it was very important that voters knew about Green’s true political leanings and that she was lying when she called herself a Democrat out of sheer political convenience in a city where Democrats win about 99.9% of elections. If people were going to vote for this extremist, they needed to know what they were getting into.

This made Green see red. And not just because she had wrapped herself up in the Soviet flag. As angry as she was when we called her out for her political chicanery, she really got mad when we revived the Cold War slogan “Better Dead than Red.” Her shrill shills cried foul; they called our reanimated refrain a “death threat” even though the phrase “Better Dead than Red” has been used by American patriots for over eighty years to express the self-apparent notion that they favored the grave over the sort of oppressive Marxist State that Green and her misbegotten ilk embrace.

Our adopted mantra during the campaign was “Anyone but Green,” a corollary to the “Better Dead than Red” slogan that was meant to remind voters that the worst fate should always be avoided.

And it was.

Green finished third out of four candidates in the Democratic Primary.

Once the political campaign ended, the propaganda campaign began.

In a story that ran in the apparatchik pamphlet known as the St. Louis Post-Dispatch on March 22, Green boldly claimed that a “white supremacist” group known as the “Patriot Front” had leafleted her Ward with fliers reading “Better Dead than Red” shortly after the election. Green, according to the article, wrote to Public Safety Director Jimmie Edwards demanding that he investigate the St. Louis Police Department’s association with the Patriot Front. She took to Twitter and called the St. Louis Police Officers Association a “hate group” and suggested our exercise of free speech and political engagement was tantamount to being a “recruiter” for white nationalist organizations.

What Green didn’t mention in the article is that all three of her opponents in the election were black. That’s right...Green accused our organization of being a white supremacist group for saying “vote for anyone but the white candidate in this election.” If we are white supremacists, we’re really, really bad at it. Not only did one of the black candidates that we supported in Green’s race win, but we supported black candidates in half of the contested aldermanic races in which we issued endorsements.

With its yellow journalism on full display, The Post-Dispatch wrote the story alleging the police are white supremacists yet likewise failed to mention that the blue had supported the black candidates in Green’s race. The Post-Dispatch has really become a newspaper that is better dead than read.

Finally, something we can agree on. I too want the FBI to investigate the dubious origin of the fliers because I firmly believe Green was the source of the fliers. I haven’t a doubt that this was a false flag mission meant to provide Green with the contrived opportunity to label our organization as a race-inspired hate group. The FBI won’t investigate because posting the fliers is not a crime. Filing a false report is and Green is no doubt guilty of that and should be prosecuted but nobody seems interested in holding politicians accountable for their crimes in this town.

Continued on page 4

New Cadet Class Starts

Business Manager Jeff Roorda and Executive Board Member Charles Lowe visited with the new Cadet Class on March 28. That same day Sam Ventimiglia and Dan Duffy (pictured) who are alumni of the 1967 Cadet Class also addressed the new cadets.

Former SLMPD Officer SLPOA Co-General Counsel

12180 Old Big Bend Rd., Kirkwood, MO 63122
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Brian P. Millikan
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But, this is how certain I am that Green is lying about the fliers just like she lied about her political affiliations: I will submit to a polygraph about the origin of the fliers if Green agrees to submit to one also. I’ll also agree to resign if I’m lying about the fliers as long as Green agrees to do the same.

Green won’t agree to this because, she’s a liar. She’s a fraud. She’s a scoundrel. She’s a communist; a red; a blue-hating pinko. Orange you glad Green lost?

In the Supreme Court of Missouri

January Session, 2019

State ex rel. Kimberly M. Gardner, in her Personal Capacity and in her Capacity as the Circuit Attorney for the City of St. Louis, Missouri, and the Circuit Attorney's Office, Relator,

No. SC97799 PROHIBITION
St Louis City Circuit Court No. None
Eastern Division Court of Appeals No. ED07091

The Honorable Michael K. Mullen, City of St. Louis, Twenty Second Judicial Circuit, Gerald T. Cramsey, in his Capacity as Special Prosecutor, and the St. Louis Metropolitan Police Department, Respondents,

Now, at this day, on consideration of the petition for a writ of prohibition herein to the said respondents, it is ordered by the Court here that the said petition be, and the same is hereby denied. Relator’s motion for stay-overruled as moot.

STATE OF MISSOURI-Set.

J. RESTY JURCHIN, Clerk of the Supreme Court of the State of Missouri, certify that the foregoing is a full, true and complete transcript of the judgment of said Supreme Court, entered of record at the January Session hereof, 2019, and on the 4th day of April, 2019, in the above-entitled cause.

WITNESS my hand and the Seal of the Supreme Court of Missouri, at my office in the City of Jefferson, the 4th day of April, 2019.

J. Resty Jurchin __ Clerk

Greg L. Kneidel __ Deputy Clerk

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7466 S. Lindbergh at Lemay Ferry
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314-892-2600
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Dave Sinclair, Sr.
1928 - 2009

James Sinclair

Cindy Hutchcraft
Former Police Sergeant
Sales & Leasing Associate
chutchcraft@davesinclairauto.com

Dave Sinclair, Sr.
Fourth District Police Officer Neal Courtney was walking his beat in the early morning hours of April 26, 1946. He noticed a vagrant lighting a fire in a vacant lot at 1522 North Seventh Street about 5:30 am. Officer Courtney told the vagrant, 71 year old George Reuben Case, to extinguish the fire. Case refused, stating that he had been living in an abandoned truck on the lot and therefore had the right to build a fire to cook his breakfast.

Officer Courtney began to put out the fire with his foot. His action enraged Case who picked up a burning board and struck the officer on the left side of his face, knocking him to the ground. Case then fled from the scene with the injured officer in pursuit.

Officer Courtney caught up with Case at 1507 North Broadway and grabbed him by the shoulder. Case, who was carrying a brown, bone-handled pocketknife that he used to peel potatoes for his breakfast, stabbed Officer Courtney in his face and neck with the 2 ½” blade. When the officer stopped struggling with him, Case tried to run from the scene. A watchman for the Missouri-Texas Railroad, who witnessed the altercation, held Case at gunpoint until other police officers arrived. Case was later indicted for First Degree Murder. He was found not guilty by reason of insanity and confined to the State Hospital in Fulton. He died in the sanatorium on January 3, 1968.

Officer Courtney was rushed to the hospital but was dead on arrival from massive blood loss due to a lacerated carotid artery and jugular vein. The 36 year old officer was survived by his wife and a six year old daughter. Officer Courtney’s father, Thomas P. Courtney, served on the force for 42 years, rising to the rank of Sergeant. John Courtney, also a St. Louis Police Officer, was given the grim task of identifying his brother’s body at the morgue.

*Biographical information extracted from In the Line of Duty: St. Louis Police Officers Who Made the Ultimate Sacrifice-Second Edition by Barbara Miksicke and Kristiana Carnaghi.
Upcoming Meetings of the SLPVA are as follows. May was our CookOut in Lemay Park. At the Gendarme deadline the event was still several days in the future. We explored using a caterer this year but found that could double our costs. Our volunteer BBQ masters, George Weindel, Walter Collier, Dan Riley, Tiger Moot, Bob Driscoll and others stepped up to the challenge and volunteered to again do the cooking for the CookOut.

Our June 12th meeting will be a regular business meeting with a guest speaker from the Red Cross. July 10th will be a regular business meeting and we have no guest speaker at this time. Our August 14th meeting is a normal business meeting that signals the end of the summer vacation period and that it will soon be back to school time for the grandkids.

ELECTIONS
Why are some elected positions open to active and/or retired officers sought after and others are not? Pension Board trustee elections capture the most interest, the most candidates and the most money spent seeking the office. Elections for the Credit Union Board of Directors and for SLPVA offices are generally not contested and if contested have fewer candidates and no real contested races and no cash spent campaigning.

We tried to generate more interest in the SLPVA offices by mentioning the March elections at several earlier meetings and by soliciting candidates via the Gendarme SLPVA columns. Several potential candidates made inquiries, expressed interest, said they were going to run for an SLPVA office but at the last minute decided to postpone their run for office to our next election cycle in March 2021.

Our March elections were reduced to incumbent officers and trustees agreeing to extend their position for another two years. They have all served the SLPVA very well. Frank Stubbins, our VP, fulfills the duties of a Vice President by always being ready to step in if the president isn’t available and also maintains the membership files, prints the membership cards, and sending dues reminders. Chris Zarbo, our Secretary, compiles the minutes of each meeting in a neat, orderly, and informative manner and maintains the meeting files. Treasurer Terry Shoemaker in addition to paying the bills also prepares monthly statements including sharing our bank statements with the members making our financials open for all to review. Sgt at Arms Mike Mosier preserves the order at our meetings and chairs the Police Library Committee which is working to find a home for the contents of the Police Library. Trustees Tony Pona, Wil Grove, and Dan Bauer assist at the monthly meetings by manning the sign-in table, reviewing the financial records of the SLPVA, and lending a hand whenever needed.

Thanks to all officers and trustees of the SLPVA for their time and effort.
You Have The Right To Remain Silent…

You know the rest.

As police officers, you “Mirandize” people every day. You’ve committed the monologue to memory. The moment you take someone into custody or place them in an interview room and ask guilt seeking questions, you recite the famous admonition that was given birth by the landmark Supreme Court decision in Miranda v. Arizona. If you didn’t advise a citizen of their Miranda rights when required to do so, the Internal Affairs Division would likely recommend you be disciplined. They’d probably recommend you be terminated for treading upon a person’s sacred Fifth Amendment right against self-incrimination.

Apparently IAD holds itself to a different standard.

Recently, after IAD exiled one of our members to Dispatch for seven months for having the audacity to invoke his Miranda rights in a criminal investigation, the Union filed a Grievance alleging that IAD investigators had given an unlawful order to the officer in violation of Rule 7 of the Police Manual, which is incorporated in the Union Contract by reference. We also alleged that moving the officer to Dispatch violated the CBA. I harshly criticized the move saying in the grievance, “Assignment of Police Officers to Dispatch has been used by the Department much as banishment to Siberia was used by the Politburo…as an unspeakable punishment where officers languish in an undesirable assignment…where prospects for working overtime are infrequent and the right to earn additional wages through secondary employment is foreclosed. It is meant to stigmatize and demoralize officers who are out of favor with the Department just as confinement to a Soviet gulag was intended by the Kremlin to dispirit dissidents.”

The day before the scheduled grievance hearing in this case, IAD recommended the termination of the grievant.

I added prohibited discrimination and retaliation for union activity to the grievance by amendment once the Chief acted on that recommendation and terminated our member.

IAD’s conduct in this matter has been abhorrent. The grievant in this matter gave a compelled statement in the internal investigation because he was ordered to do so under Garrity v. New Jersey. I know all of our members understand that you have “Garrity rights” under the Supreme Court decision that allows your employer to order you to give a statement in an internal matter under the threat of discipline but provides that the statement cannot be used against you criminally because it is involuntary. Likewise, you know that you can’t be ordered to give a statement in a criminal investigation.

You’d think that IAD would understand that basic constitutional requirement. They don’t.

This is dangerous; the proverbial slippery slope. If IAD is allowed to continue to violate your civil rights and your contractual rights and, for that matter, their own regulations, then your ability to do your job of protecting the citizens of the nation’s deadliest city unravels. And, so does the police department’s ability to investigate the conduct of police officers. Right now, our members give voluntary statements—called public safety statements— at the scenes of critical incidents without invoking their Miranda or Garrity rights. They don’t have to. They only do so because our lawyers advise them to do so in the interest of public safety. If the department continues to act with reckless abandon in abuse of our members’ rights, we are very likely to shut down any and all voluntary statements.

And, public safety will suffer. But, not because of our insistence that our members’ rights are safeguarded; because the department can’t resist abusing their authority.

This is a tenuous gambit that the department is playing. The stakes couldn’t be higher. Lives hang in the balance and so do your inalienable rights as a citizen.

And that’s the key, isn’t it? You have the same rights as every other citizen of the United States but IAD wants to treat you differently; they want to abridge those rights; they want to treat you like second-class citizens.

We’re not going to stand for that. We’re going to continue to fight to protect and preserve all of your rights. You have the right to remain silent. Use it.
Sergeant Walter A. Cheney, on Wednesday, April 10, 2019.

Beloved husband of Patricia A. (nee Reasons) Cheney; dear father of Jeffrey Cheney and Janice Cheney-Bockstruck; dear grandfather of Tony and Tori Bockstruck, and Mackenzie Rucker; dear great-grandfather of Lucas Bockstruck and Eda Rucker; our dear brother-in-law, uncle, great-uncle, cousin and friend.

Dearest son of the late Mr. & Mrs. Andrew M. and Mattie H. (nee Nightingale) Cheney.

Officer Wendell L. Ishmon, Jr

Birth March 27, 1969
Death April 3, 2019 (aged 50)

Officer Wendell L. Ishmon, DSN 5037, entered the Police Academy on 04/08/1996 and received his commission on 09/13/1996. Upon completing the academy Officer Ishmon served in the following districts and specialized divisions through out his career. They were the 6th, Narcotics Section, Narcotics Control Assistance, and finally the 2nd district. During his career he was awarded 1 Chief's Letter of Commendation on 09/13/2012, and Officer of the Year Award on 06/09/2016 for police work above the call of duty. Officer Ishmon died unexpectedly during surgery and at the time of his passing he had served a total of 22.5 years of faithful and dedicated service to the Saint Louis Metropolitan Police Department.

Officer Ishmon is survived by his mother Charlene Ishmon, and a son Wendell Ishmon, II.

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No obituary was provided. (Cont. on pg 9)
LTC Charles Edward McCrary, Sr

Birth September 23, 1940
Death April 7, 2019 (aged 78)

Lt. Colonel Charles E. McCrary, DSN 5666, received his commission on 06/21/1965. Upon completion of the academy he served in the following districts and specialized divisions throughout his distinguished career. They were the 8th, and the Narcotics Division. On 01/23/1961 he was promoted to the command rank of Sergeant and transferred to the 5th District as a Line Platoon Supervisor, followed by an assignment in the Tactical Anti-Crime Team. Sergeant McCrary was promoted to the rank of Lieutenant on 07/02/1978 and went to the 3rd District as a Watch Commander, and also held assignments in the Narcotics Division and the Vice-Narcotics Division. Lt. Colonel McCrary was promoted to Captain on 01/22/1984 and commanded the 8th, 3rd, Crimes Against Persons, Vice-Narcotics Section, and the Bureau of Administration. On 09/25/1991 he was promoted to Major and oversaw the following specialized divisions. They were the Internal Affairs Division (I.A.D.), and the Bureau of Patrol Support Division. Major McCrary was promoted to Lieutenant Colonel (Assistant Chief of Police) on 11/20/1992 and was in charge of the Bureau of Patrol Support and the Bureau of Community Policing. During his career he was awarded 8 Chief's Letters of Commendation on 12/14/1966, 09/01/1969, 02/01/1971, 04/01/1973, 06/01/1976, 06/07/1976, 03/16/1982, and 01/23/1991 for police work above and beyond the call of duty. He was also a graduate of the Federal Bureau of Investigation National Academy in 1976. In addition to these accomplishments and awards Lieutenant Colonel McCrary was also the recipient of Police Officer of the Year (Unit Awards) on 12/31/1995 and on 12/31/1982. Lieutenant Colonel McCrary retired on 02/17/1997 and served 31.66 years of faithful and dedicated service to the St. Louis Metropolitan Police Department. It should be noted that Lieutenant Charles E. McCrary Jr.; DSN 97, is a second generation law enforcement officer and recently from the Creve Coeur Police Department. His son-in-law Captain Ronald Johnson, DSN 14, is a recently retired from the Missouri State Highway Patrol as well.

Dearest son of the late Mr. & Mrs. Earl and Leona (nee Hill) McCrary.

Lieutenant Colonel Charles McCrary, Sr. transitioned to eternal life with God on Sunday evening, April 7, 2019. He was 78 years old. Charles was born in St. Louis on September 23, 1940 to parents, Earl & Leona McCrary. He was the third child of 5 siblings: Earl Jr., Geraldine, David and Patricia. He spent his formative years growing up in Kirkwood, MO. Known to all as a fun-loving spirit, he loved to tease and joke with his family and friends. He consistently spread humor and laughter wherever he went. At a young age, Charles accepted Jesus Christ as his Lord and personal savior and began his spiritual journey walking in the footsteps of the Lord. He graduated from St. Louis University with a degree in Urban Affairs and Criminal Justice and from the FBI Academy in Quantico, Virginia. He then embarked upon a storied career in law enforcement and community service.

Of his many accomplishments, Charles was most proud of his family. He met the love of his life, Jeanette (Jeanie) at age 18. Shortly thereafter, they happily wed and embarked upon an incredible life journey, in which, along the way, they created a wonderfully loving, dynamic and diverse family. He leaves to cherish his memory: his loving wife, Jeanie McCrary; five children, Charles McCrary, Jr., Lori Johnson (Ronald), Julie Hickman (Dewayne), Kelli McCrary (Katrina), Adopted daughter, Melissa Anderson (Chris); seventeen grandchildren and six great grandchildren; sister, Patricia Green (Fred); in-laws, Mattie McCrary, Michael States (Brenda), Madeline States, Alan States; and a host of nieces, nephews, cousins, friends, neighbors and colleagues.

Charles was a leader in the St. Louis Metropolitan Community and led a life of service dedicated to making this world a better and safer place for his family and those around him. He served in the St. Louis Metropolitan Police Department from 1965 until his retirement in 1997. His illustrious career led to multiple positions and ranks including: Juvenile, Narcotics, District Commander in 8th and 3rd. Charles further commanded specialty divisions including SWAT, Hostage Rescue, TACT Unit, Homicide, and retired as the St. Louis Assistant Chief of Police.

After 31 years on the force, Charles began a new career as the St. Louis Public Schools Chief of School Safety and Security. He worked tirelessly transforming the school district’s guiding principles, governance structure, and rules of engagement to ensure a safe and happy learning environment for the children of St. Louis. However, he still was not finished yet. Following his second retirement, he worked as a nationally renowned security advisor and consultant. He developed and led two companies, McCrary Security Consultants & McCrary School Safety Advisors that consulted with many urban school superintendents facing similar challenges. In 2007, he authored his book “Urban School Security from the Behind the Scenes” that is still utilized today by school districts around the country.

He is loved and missed by all.

(Continued on pg. 10)
GONE, BUT NOT FORGOTTEN
(Continued from pg. 9)

SGT Stanley Timothy “Tim” Cunningham

Birth February 17, 1942
Death April 2, 2019 (aged 77)

Sergeant Stanley “Timothy” Cunningham, DSN 6142, received his commission on 07/05/1966 and entered the Police Academy. Upon completion of the academy he served in the following districts and specialized division through out his career. They were the 4Th, 6Th, 4Th, and the Tactical Anti-Crime Team. Officer Cunningham was promoted to the command rank of Sergeant on 10/28/1979 and went to the 3Rd District as a Line Platoon Supervisor followed by other assignment in the 1St, 3Rd and finally the 5Th District. During his career Sergeant Cunningham was awarded 3 Chief’s Letters of Commendation for police above the call of duty on 06/07/1976, 01/28/1977, and 06/19/1992. Sergeant Cunningham retired on 05/26/1997 and served a total of 30.89 years of faithful and dedicated service to the Saint Louis Metropolitan Police Department. After his retirement Sergeant Cunningham served with the Crawford County Missouri Sheriff's Department for 11 years. Sergeant Cunningham was a 2Nd generation law enforcement officer to serve with the Saint Louis Police Department as he followed in the footsteps of his father Sergeant Stanley A. Cunningham, DSN 0448. Sergeant Cunningham was a member of the Saint Louis Police Veterans Association, and the Police Leadership Organization.

Sergeant Cunningham was a veteran of the United States Army and entered into service on 03/01/1960 and received an honorable discharge with the rank of Private.

Sgt. Stanley “Tim” Cunningham fortified with the Sacraments of Holy Mother Church, on Tuesday, April 2, 2019.

Beloved husband of Naomi (nee Jeffords) Cunningham for over 31 years; dearest father of Kimberly (Richard) Cartee, Debra Debra (David Roberts) Cunningham and Butch (Sarah) Jeffords; loving grandfather of 9; dearest brother of Jeff (Mary) Cunningham; our dear brother-in-law, uncle, great-uncle, cousin and friend to many. Dearest son of the late Sgt. Stanley A. and Dorothy S. (nee Schaefer) Cunningham.

Sgt. Cunningham was retired from the St. Louis Metropolitan Police Department with over 30 years of loyal service, and then 11 years with the Crawford County Sheriff's Department, retiring as a Detective Sergeant.

Milford T. Trankler

Birth August 13, 1944
Death March 18, 2019 (aged 74)

Officer Milford Trankler, DSN 7068, received his commission on 09/09/1968. Upon completion of the academy he served in the following districts and specialized divisions. They were the 9Th, 3Rd, Bureau of Investigations, Communications Division, Bureau of Investigation, Crimes Against Property, Bureau of Investigation, and finally the Major Theft/Fraud Section. Detective Trankler retired on 08/05/1991 having served 22.9 years of faithful and dedicated service to the Saint Louis Metropolitan Police Department.

Detective Trankler was a veteran of the United States Air Force and achieved the rank of Sergeant which is an E-4. He served during the Vietnam War.

Milford Trankler age 74 of Branson, Missouri, passed away on March 18, 2019 at his residence.

Milford was born on August 13, 1944 in Conrad, Missouri the son of Clarence and Dorothy Vandermerden Trankler. He had been a resident of the Cape Fair community for twenty four years before moving to Branson two years ago. He retired after 22 years as a Detective for the Saint Louis Police Department. He was of the Catholic faith.

Survivors are his wife; Patricia Kirk Trankler. Two daughters; Christine Ann Hendrix, Kelly Delaine Hendrix Glover. Four sisters; Norma Holzem, Alma Holzer, Mary Bucher and husband Phil and Pat Wells. Four grandchildren and three great grandchildren. He was preceded in death by his parents and two brothers, Melvin Trankler and Joe Trankler.

Graveside services at the Missouri Veterans Cemetery in Springfield with full military rites.

Gustav Albert “Gus” Moeller

Birth September 1, 1932
Death March 19, 2019 (aged 86)

Officer Gustav A. Moeller, DSN 1506, was a Saint Louis Police Officer who retired on 1/17/86. Officer Moeller was a veteran of the Korean War and with the United States Marine Corps and served from 01/30/1950 to 01/15/1954 and achieved the rank of Corporal.

Gus Moeller, 86, passed away on Tuesday, March 19, 2019. Beloved husband of Betty Moeller (nee Helker) for 64 years; loving father of Dale (Carol), Mike (Sandy), and Sandy (Scott) Stuck; cherished grandfather of Steven, Jessica (Evan) Looby, Jason, Emily, Samantha, Kaitlyn Stuck, and Ashley Stuck; treasured great-grandfather of Angelina and Ezra; dear friend to many.

Gus proudly served his country as a United States Marine in the Korean War. He was a hard working, dedicated family man who will be greatly missed by all who knew him.

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Each year during the month of May, we observe Police Week. A portion of Police Week is set aside to remember and honor those officers who have died in the line duty. Memorial services in St. Louis, throughout Missouri, and across the United States pay tribute to these fallen heroes. We remember who they were and what they meant to us, and we thank them for serving and protecting when called upon to do so. We honor them with our thoughts and prayers, and we appreciate their dedication to duty. May they all rest in peace.

Unfortunately, I must bring to your attention an epidemic that has been plaguing police departments across the country for the past few years, and regrettably, this epidemic continues to grow. I am speaking about police suicide. Almost daily we read or hear about an officer who was shot or injured on the job. Every other day we read or hear about an officer who was killed on the job. However, and more frequently now, we are quietly informed that an officer has taken his/her own life. The statistics do not lie. There are more police suicides than line of duty deaths.

Some of the causes of police suicide include: Post-traumatic Stress Disorder (PTSD) from handling or witnessing a horrific crime, marriage and home life difficulties, financial issues, alcoholism, job related events (disagreements with fellow officers or supervisors), and the list goes on and on.

Problems just keep piling up, and there is a feeling of hopelessness, a feeling is that there is no end in sight. The officer says, “I can’t take any more of this.” And then one more incident happens, and this is what pushes the officer over the edge. The only solution as the officer sees it is suicide.

WRONG. Suicide is NOT the answer. There are ways to solve the problems. Get help. Do not hold your stress in. Expressing your feelings to someone else is not a sign of weakness. Do not put a guilt trip on yourself because you cannot handle the stress. Assistance is available. Contact Peer Support officers, police psychologist, counselor, clergy person, supervisor, chaplain, or fellow officer. The important thing is that you talk to someone about your difficulties.

As God has told us in the bible (Luke 11:9-10), “Ask, and you will receive; seek and you will find; knock, and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened.”

Suicide in reality is a very selfish act. Suicidal people are only thinking about themselves. They are not thinking about the people who are still living, the people that they leave behind. Suicide has a huge impact on the living. The comments are endless: “I did not know that he/she was hurting.” “I should have seen it coming.” “Why didn’t he/she reach out to me? I would have helped.” A suicide victim does not want to hurt the people that love and care about him/her, but that is exactly what happens. After a suicide the guilt that is inflicted on their friends and relatives is huge, and the grief can be devastating.

If you are feeling down, overwhelmed, or depressed, please say a prayer and reach out to someone who can help you. Please do not become a victim. Your family and friends need you, and the SLMPD needs you.

Please know that I pray for all of you, officers and your families, every day. May God bless you and be with you.

By Chaplain John Fava

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**Epidemic**

**By Chaplain John Fava**

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Joe’s Testimonial
My name is Cindy Schmitt Martin, I am the aunt of one of the officers that was the was charged on 1/28 in regards to the event that happen at Bomber O'Brien's last April. I feel that more should be presented about my nephew Joe Schmitt and that his character with along with evidence that was already pointed out by the St. Louis Police Officers Association and the Internal Affairs Squad of the St. Louis Police Department shows that he acted correctly in his actions.
All this young man ever wanted to do is become a policeman, partly he wanted to follow in his dad's footsteps who was been in law enforcement for over 40 years, but more importantly Joe has always had a call to duty. He joined the Marine Reserves following high school and proudly served for 6 years, while attending college at Southeast Missouri State. He not only always wanted to be a police officer but he wanted to be a St. Louis City Police Officer and worked very hard during his time in the city police academy. I remember how happy and prepared he was upon his graduation, he served his country in the military and was ready to now serve his city and community with pride.
In December 2017 he and his partner were recognized as officers of the month in the Third District for multiple notable arrests! My nephew is a responsible and respected young man his actions that night should have earned him an accommodation not being arrested. What he is accused of doing does not reflect the character of this police officer!

REMEMBERING GEORGE BOGGS
By Joe Carretero-Sergeant-2nd District C Platoon

George, a 20-year veteran of the force, died in a tragic auto accident, while off-duty in February. Many of you did not know George or maybe you just heard his name but I did know George. He was a fixture on the night watch C Platoon for many years like me and he was above all, a very low-key, soft spoken dedicated policeman. Yeah, it is true that working nights you can go unnoticed for years. He did his job well, didn’t complain and just wanted to serve the citizens of this city as a patrolman the best he could. He was a great partner and he always watched my back. He later became a training officer and I know he loved training younger officers. Perhaps, his lasting imprint on this department are the dozens of officers he molded, successfully trained and mentored. Nobody ever forgets their first training officer. George was one of those people where every interaction was positive. He was well-liked. The department could use more officers like him.

He was a little older than most of his class when he first started working at North Patrol and he had a keen interest in everything military so we instantly bonded as we answered service calls together, made arrests and talked military stuff. Officer Boggs brought with him a wealth of law enforcement experience from several Illinois police departments. He was especially proud that he was the former Chief of Police in the small town of Bunker Hill, III (population 1,691 in 2017). Small town vs. big city policing and he handled the transition well. He gave Bunker Hill PD patches by the dozen and he could always be seen wearing that unauthorized golden eagle emblem somewhere on his uniform.

On those long, sometimes boring winter nights you could talk to George for hours on end without getting bored. No matter how life was going at the time, George would always see a brighter future ahead, even through all those personal thunderstorms.

He was always ready to lend a helping hand to anyone that asked, he came over the house several times to help me with house projects, usually involving electricity, which I don't usually touch and after finishing I always had to strong-arm him to stay for dinner. Good times.

After he was transferred to South Patrol, I would see him at the station in passing and we always quickly recalled a “war story” or two from the bloody Seventh though lately he spoke to me about retiring and buying land somewhere. We talked about having a beer or two together like the old days but life and work always got in the way, and for that today, I am sorry.

I pray you are in peace now George, your demons will not haunt you anymore. Your shift is over and your brothers in blue will take it from here. My thoughts are with his family, friends, and colleagues. Rest in Peace George.

Life is relationships; the rest is just details.
- Gary Smalley
F I T N E S S  C O R N E R

Stimulate, Don't Annihilate

One of the most common mistakes I see the average gym-goer make is training until failure on every exercise. At a minimum, this is limiting your hypertrophy potential because of the extreme damage inflicted on the muscle. When we lift weights, we are literally breaking and ripping apart muscle fibers in the form of micro-tears. These micro-tears are also the cause of the pain you feel when a muscle is sore (not lactic acid buildup). When a muscle is repeatedly trained until failure, the damage to the muscle becomes too great for the body to fully repair before it is trained again. This type of training leads to “spinning your wheels” as the muscle is constantly being broken down without having a chance to recover and grow.

More is not always better!

Now this varies from muscle group to muscle group. For instance, the calves can be trained multiple times per week due to the abundance of Type II muscle fibers. Simply put, they can take a beating and still respond. The biceps and chest, however, are entirely different stories and are easily the most overtrained muscle groups. This could be from lack of knowledge of exercises in the gym or it could stem from the mindset that more reps will create more growth.

This mindset, however, could not be further from the truth.

Muscle recovery takes both rest and nutrition. What does this mean? Well, if you are training for hypertrophy, that means staying out of the gym and eating proper foods. A high protein, moderate carbohydrate, and moderate fat diet should be combined with rest and recovery periods to maximize muscle growth. Taking a couple days off of the gym each week will (most likely) help obtain results much faster than ripping muscle apart day after day.

This isn’t to say that extremely intense training isn’t effective or doesn’t have its place. However, most people 1) Do not know how to train that intensely. 2) Do not know how to recover properly after such a training sessions. In addition to rest and nutrition, recovery can be enhanced by myofascial release, active release therapy, massage, acupuncture and various other healing practices.

Understanding the recovery need of our muscles is just as important as knowing how to train them properly. Just keep in mind: stimulate, don’t annihilate your muscles. In this game, quite often, less is more.

As always, send any questions to mike@gotyour6fit.com or visit www.gotyour6fit.com for training inquiries.

Until next time, stay safe and watch your six.
J. Kim Tucci, the co-founder of the Pasta House Company, passed away on March 25, 2019 at the age of 78.

Tucci was a strong supporter of law enforcement, particularly, the St. Louis Metropolitan Police Department.

Tucci was just a year old when his father, Alfred Tucci, started his career as a city police officer. His father, who had achieved the rank of Sergeant, passed away suddenly in 1967.

The Tucci family began a scholarship in Kim’s father’s name shortly after he passed that helped city police officers with their college tuitions.

Kim and the Tucci family continued their support of police from that moment on.

The overflow crowd at the Cathedral Basilica of St. Louis for Kim’s funeral mass was a who’s who of St. Louis police officers past and present, as well as regional civic leaders from all walks of life.
## April 2019

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